



Pre-register
by 6 June to
receive
10% early bird
discount!

Summer Camp Schedule 2016

Flexteen FlexKids

Keep Moving this Summer with Flex's Dynamic Summer Camps

Week 1: Monday 4 July- Friday 8 July | Ages 10+

2:05pm- 3pm | Yoga

3pm- 3:55pm | Pilates Allegro

4pm- 4:55pm | Flying Pilates

Week 2: Monday 11 July- Friday 15 July | Ages 7-10

2:05pm- 3pm | JazzFunk & Hip Hop

3pm- 3:55pm | Yoga

4pm- 4:55pm | Flying Pilates

Week 3: Monday 18 July- Friday 22 July | Ages 10+

2:05pm- 3pm | Barre

3pm- 3:55pm | Pilates Allegro

4pm- 4:55pm | Flying Pilates

www.flexhk.com | *intelligent movement* |

Flex
Studio
| Island South |